Vegetarian Chili

(page 236, Vegetarian Main Dishes)

A fiber-rich vegetarian version of the classic.

1 tbsp (15 mL) vegetable oil
2 cloves garlic, diced
1/2 cup (125 mL) diced red onion
1 package (12 oz/340 g) Mexican-flavored vegetarian ground round
1 cup (250 mL) diced green bell pepper
2 cans (each 19 oz/540 mL) diced tomatoes (about 434 cups/1.175 L)
1 can (19 oz/540 mL) red kidney beans, drained and rinsed (about 2 cups/500 mL)
1 cup (250 mL) grated carrots
1 tbsp (15 mL) dried parsley
1 tsp (5 mL) hot pepper sauce
Freshly ground black pepper
1/2 cup (125 mL) shredded Cheddar cheese

1. In a large skillet, heat oil over medium heat. Sauté garlic and red onion until softened, about 5 minutes. Add ground round, breaking it apart with a wooden spoon to prevent clumps; sauté for 2 to 3 minutes or until evenly heated. Add green pepper and sauté for 2 to 3 minutes. Add tomatoes, beans, carrots, parsley, hot pepper sauce and pepper to taste; cook, stirring occasionally, for 10 minutes or until beans are heated through.

2. Ladle into serving bowls and sprinkle with cheese.

This recipe courtesy of dietitian Lindsay Mandryk.

Makes 6 servings

Nutrients
PER SERVING
Calories 194; Fat 6 g; Carbohydrate 20 g; Fiber 7 g; Protein 15 g